

The Stillness Newsletter

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Written by just me, Renee Baker. Thanks for reading!



Our Gifts Are Shy

Redo. Redo. Redo. Redo. Starting things over and over. Projects begin-then end with hands thrown in the air. We may say "that's no good", criticizing our activities and stopping to safely watch TV instead. Why is it we often do that, say when starting a new art project? Well, to put it simply, we are comparing. Our ego is afraid of not being good enough, of being inferior, and can't risk a chance of being judged. It is our egos that love to criticize and analyze. Before we even write one paragraph, we are already editing. When we draw one line on a page, we erase half of it because it was not straight enough. We paint one brushstroke, but crumple the page as it was not the right shade of blue. Phew, we must just not be the creative type! Phooey, we are all creative. We all have gifts, so what gives?

Well, in one sense, what we are doing is not letting our deeper self emerge. We have trapped our spirits, said no to our intuition and became judges of creativity. We have placed expectations of imagination upon ourselves. Our analytic left brains have said no to anything new. Our creative right brains are kept in the dungeon, but they want to come out and see the light. Here is the catch—our gift is shy, and when it sees such a seemingly bright light, it often hurts and causes us to feel our pain. So we prefer to criticize and judge, to stay trapped in a state of ego. We are actually addicted to judgment and analysis. So why is that?

If we do not criticize and analyze as we create, then we are simply observing our creation and becoming one with it. We are forced into this moment, because we are using all of our senses. We stay here and now with our gift of creation. We don't need to think, we just create out of knowing what to do. We are inspired, in Spirit. But many of us who say we are not creative, are not creative because we carry around pain, pain that keeps our minds thinking. That thinking is like a pain pill, creating other feelings we prefer instead, like the feeling of inadequacy or superiority. The only way to get to the creative source is to learn to stop that thinking and to reach stillness, which requires sitting with whatever pain may arise. There is no other way to heal.

The saving grace is that whatever pain arises when deciding to reach for stillness is that the pain will go away—it is finite. It is just energy and if we affirm it will go away, it will. We can be at peace knowing this, no matter what we feel. We have to have faith, to trust in the process of healing, and we will heal. And then, in our stillness, our creativity blossoms. In our stillness, we honor our gift, we nurture it and no longer will it be shy.

Walk This Way



Sitting here,
I have to go
Upon a sacred path
Which way, which way,
I have to know
Or perhaps I face a wrath
Oh Lord, be still
With me today
I do not care for pain
Oh Lord, on high,
To you I pray
For deep, deep cleansing rain
I ask for peace
And to love myself
Each and every way
I ask for peace
And to love myself
As I start this brand new day

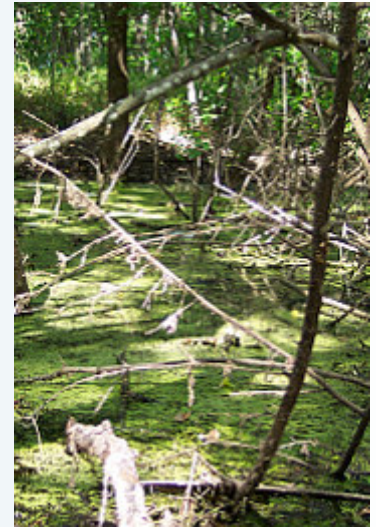


Choices

We have to make decisions. It seems we are doomed to make choices. If we are not conscious, then without realizing it, we will make the same choices over and over. Our lives will be one of repetition until we awaken out of our dream of thought and perhaps take a new path. We do not have to be creatures of habit.

Why not make a conscious choice to try new things. Why not put blueberries on your cereal. Why not get a little muddy and walk through a marsh. Why not pick a random city and go visit it. By making new choices, it helps us raise our consciousness and put vibrancy back in our lives.

But what of difficult choices? Well, we often can't know what path to take. In that case, we have to pray and listen. And in the end, it is likely a step of faith into the unknown. But no matter what path you take, it will not matter as long as you walk in love, for it is the how we walk that really matters, not where. There is never a need to emotionally suffer regardless of the choices we make.



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